

ABOUT THE AKAN AGENDA

The Akan Agenda is not just any ordinary agenda; it is a philosophy that embodies the wisdom of our forefathers and ancestors. They were incredibly wise, and they knew what was about to happen because they had knowledge of science. They put us in hibernation for hundreds of years until the time was right.

Now is the time to awaken and rule again. By working with the Akan Ndabu (Akan calendar), you will see your life transform, and you will awaken from hibernation. Unleash the magic that lies dormant within you and stand firm. Shift from feeling inferior to realizing your inherent superiority.

By tapping into your ancient and galactic records, you can remember who you truly are and connect with your spiritual heritage. The Akan Ndabu is a tool that can help you in this process.

The Akan Agenda is not just a tool for planning your day-to-day life; it is a philosophy that can help you connect with your true self and awaken your inner magic.

Akan Ndabu

The Akan people are a scattered group of tribes, including the Agona, Akuapem, Akwamu, Akyem, Ashanti, Bono, Fante, Kwahu, Wassa, and Sefwi. However, they all share a common origin in ancient Egypt, Nubia, Kush, and Sumer Mesopotamia.

Around 500 AD, the Akan tribe migrated westward to modern-day Mali, Burkina Faso, and Mauritania, where they formed the Ghana Empire. This empire lasted from 750 AD to 1200 AD, after which the Akan people moved further west to the Ivory Coast, now known as the Gold Coast of Ghana.

During the era of slavery, many people from the Akan tribes were captured and sold into slavery. As a result, Akan culture, traditions, and spirituality spread to places like Suriname in South America, as well as the Caribbean islands of Curaçao, Aruba, and Jamaica in North America. This is evident in the Anansi stories and authentic Akan day names that are still present in these regions.

The Akan Ndabu, or calendar, was an essential tool for the Akan people to follow their seasons, sacred days, and honor their gods while working with natural energies. This knowledge was only known by the elite, priests, and wise men. The Akan Ndabu consists of 9 months in 1 year, with male and female weeks making up the days in each month. Each Akan month has 42 days, resulting in a total of 378 days in a year. The first day of the Akan new year, Kwa-Dwow-Da, falls on June 12th 2023, while the last day of the previous year, Addaekese, was celebrated on June 11th, 2023, in Ghana.

To assist with your ultimate Sankofa journey, we have designed the Akan agenda. This agenda will help you reconnect with the old Akan gods and energies, learn about the Akan calendar, and easily follow it while also using the Gregorian calendar. By going back to your past and rediscovering what you have forgotten, you can embark on a meaningful journey of self-discovery and cultural reconnection.

the Akan has 2 types of weeks
a male week and a female week. Male
represents the sky and female
represents earth. The male has 6
day's and the female has 7 day's.
Those day's combined making up the
42 day's in 1 Akan month.

Sky



Kwa

Nothing, free day or
servant day

1

Mono

Fresh start, new

2

Fo

Guilty verdict or
judgement day,
calm, cool

3

Nwuna

Funeral day, Sleep
day or death day,
peace

4

Nkyi

Destructive day,
Source

5

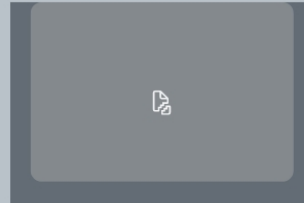
Kuru

Political day, Royal
day or Town day

6

7

Earth



Dwow

Cool, moon

Bena

Heat, sentiment, Venus

Wuku

Unpredictable,
Majestic, Mercury

Yaw

Pain, resistance of pain,
fertility, Mars

Fi

Travel

Memem

Stronghold, Amen,
Saturn

Esi

Sun

MALE

FEMALE

The Akan Ndabu (calendar) is cyclical, when one year ends it is done you start a new one again. Meaning the Akan does not count their years.

**Akan
months**

9

**Akan
day's in
a
month**

42

**Akan
day's in
a year**

378

Foreword

As someone who has been on a spiritual journey for as long as I can remember, I have come across many teachings and accepted them with grace. However, when I discovered the wisdom of the Akan Ndabu (Calendar), something remarkable happened to me. It was like all the puzzle pieces that I did not understand before fell into place, and I felt like I was in the right setting, like clockwork. As a mixed Ghanaian, this was the closest I ever came to understanding my true self, and I realized that this is my spiritual heritage, which I claimed with pride.

I came to understand that the Akan Ndabu is a map to my eternal self, my godly or universal form, and I loved it. However, with knowledge and wisdom comes responsibility, understanding, and realization. Practicing the Akan Ndabu in your daily life is not easy, as the Gregorian calendar dominates the world. Therefore, I created the Akan agenda to help me keep up with the Akan calendar daily, without being confused by the Gregorian calendar.

Writing and planning your appointments, dreams, and spiritual projects in the Akan agenda gives your projects power. You can also calculate which days to plan your projects by looking at the ancient energies available on particular days. By doing this, you can work daily on your energy levels and keep them balanced out. It's like a magical key to connect with the universal energies and go within yourself.

If your roots lie in West Africa, and you are of Akan descent, searching for self with African spirituality, the Akan Ndabu is a must-have. It will help you understand your spiritual heritage and connect with your true self.

With love and power,

Nana Fofi, the Spiritualist

The full moon dates for 2023 and 2024:

2023:

- January 2
- February 1
- March 3
- April 1
- May 1
- May 31
- June 29
- July 29
- August 27
- September 26
- October 26
- November 24
- December 23

2024:

- January 22
 - February 20
 - March 21
 - April 19
 - May 18
 - June 16
 - July 16
 - August 14
 - September 13
 - October 13
 - November 11
 - December 11
- January 10, 2025 (Blue Moon - second full moon in the same calendar month)

Note that the full moon dates may vary slightly depending on your location and time zone.

Akan

The Akan people are an ethnic group found in Ghana and Ivory Coast, and their mythology is rich and complex. Akan mythology is centered around a pantheon of gods and goddesses, who are known as bosoms. These bosoms are believed to be intermediaries between humans and the supreme being, Nyame.

The Akan people believe that the universe is divided into three realms: the sky, the earth, and the underworld. The bosoms are believed to reside in the sky realm, while humans inhabit the earth realm. The underworld is believed to be the domain of the spirits of the dead.

The bosoms are divided into different categories, including the Abosom, who are the major deities, and the Nsamanfo, who are the ancestral spirits. The Abosom are further divided into different groups, including the Asaase Yaa, who is the goddess of the earth, and the Anansi, who is the trickster god.

One of the most important aspects of Akan mythology is the concept of suman, which refers to the life force or soul. The Akan people believe that every living being has a suman, which is responsible for their vitality and wellbeing. The suman is believed to be present in all living things, including plants and animals.

Another important aspect of Akan mythology is the concept of sumsum, which refers to the spiritual power or energy that is believed to be present in all things. The Akan people believe that sumsum can be harnessed and used for various purposes, including healing and protection.

The Akan people also believe in the concept of sumey, which refers to the spiritual balance and harmony that is necessary for a healthy and prosperous life. The Akan people believe that when sumey is disrupted, it can lead to illness, misfortune, and other problems.

In addition to the bosoms, the Akan people also believe in the existence of other spiritual beings, including the abosomfo, who are the priests and priestesses of the bosoms, and the okomfo, who are the diviners and spiritual healers.

Overall, Akan mythology is a complex and intricate system of beliefs that reflects the rich cultural heritage of the Akan people. It is a testament to the deep spiritual connection that the Akan people have with their environment and the world around them.

Bosoms

The bosoms are a pantheon of gods and goddesses in Akan mythology who are believed to be intermediaries between humans and the supreme being, Nyame. The bosoms are divided into different categories, including the Abosom, who are the major deities, and the Nsamanfo, who are the ancestral spirits.

The Abosom are further divided into different groups, each with their own unique characteristics and attributes. For example, the Asaase Yaa is the goddess of the earth, and she is associated with fertility, agriculture, and the natural world.

The Anansi is the trickster god, and he is known for his cunning and mischievous nature.

The bosoms are believed to reside in the sky realm, which is the highest of the three realms in Akan mythology. The sky realm is thought to be the domain of the gods and goddesses, while humans inhabit the earth realm. The underworld, which is the lowest of the three realms, is believed to be the domain of the spirits of the dead.

The Akan people believe that the bosoms play an important role in their lives, and they often offer prayers and sacrifices to them in order to seek their favor and protection. The bosoms are believed to have the power to influence various aspects of human life, including health, wealth, and success.

In addition to the Abosom and Nsamanfo, there are other spiritual beings in Akan mythology, including the abosomfo, who are the priests and priestesses of the bosoms, and the okomfo, who are the diviners and spiritual healers. These individuals are believed to have a special connection to the bosoms, and they are often consulted for guidance and advice.

Overall, the bosoms are an important aspect of Akan mythology and culture. They reflect the Akan people's deep spiritual connection to the natural world and their belief in the power of divine forces to influence human life.